



Youth Risk Behavior Survey

Physical Activity

General Survey Information

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9th through 12th graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

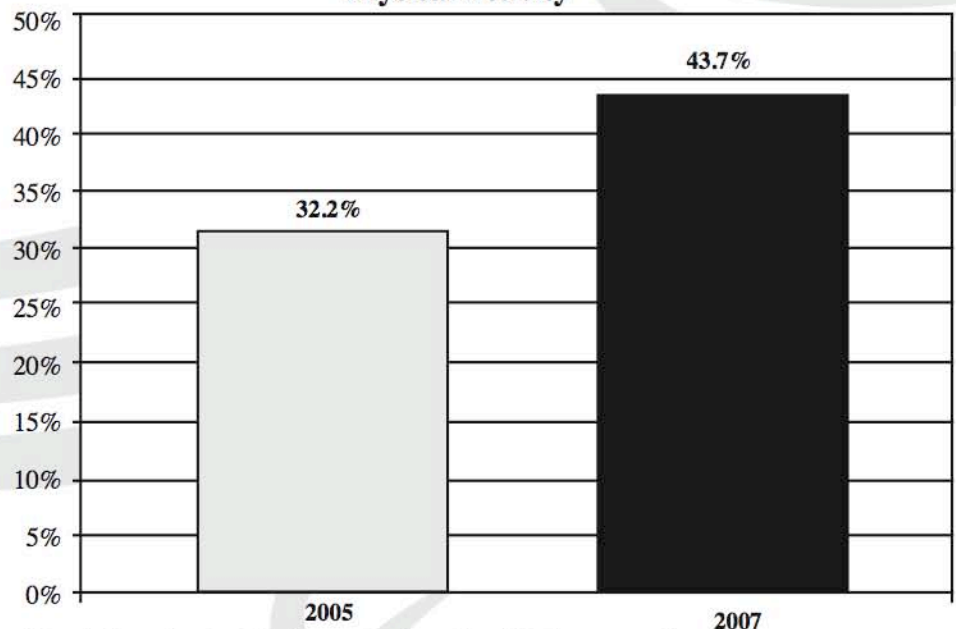
The Problem

Lack of physical activity has been associated with cardiovascular disease, hypertension, overweight and obesity, osteoporosis, diabetes, and certain cancers.¹ The benefits of regular physical activity include building and maintaining healthy bones and muscles,² reducing the risk of developing obesity and chronic diseases such as diabetes and cardiovascular disease,¹ minimizing feelings of depression and anxiety, and promoting psychological well-being.² The CDC recommended level of physical activity consists of at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

Indiana YRBS Data

The 2007 Indiana YRBS shows that 43.7% of students were physically active for a total of at least 60 minutes per day on five or more of the past seven days, a statistically significant increase from 32.2% in 2005. Among females, 36.6% reported being physically active as compared to 50.9% of males.

Figure I
2007 Indiana YRBS
Physical Activity*



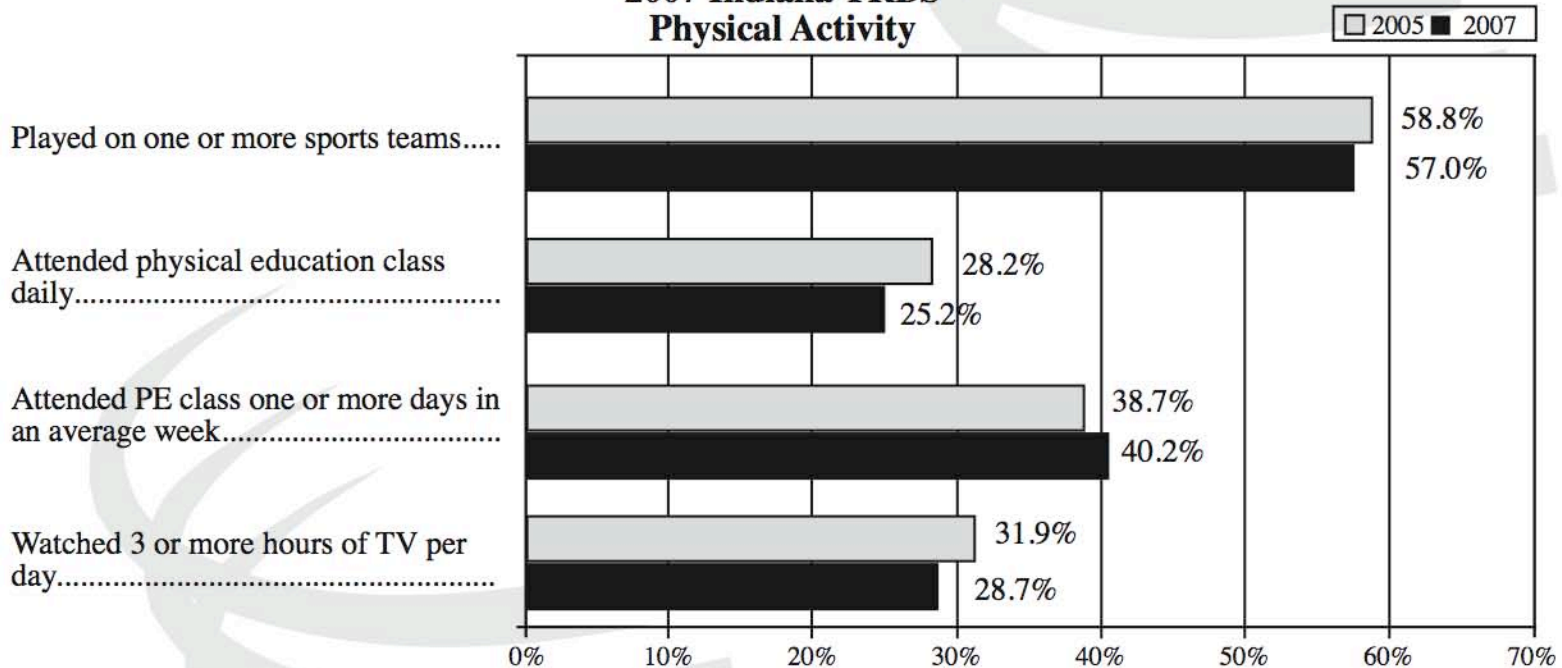
*Physically active for 60 minutes on at least five of the last seven days

2007 Indiana Youth Risk Behavior Survey

More Facts

The percentage of students who reported watching three or more hours per day of TV on an average school day decreased significantly from 31.9% in 2005 to 28.7% in 2007. In 2007, 20.9% of high school students reported playing video or computer games or using a computer for something that was not school work for three or more hours per day on an average school day (data for 2005 is not available). Computer usage for male students was 27.3% compared to 14% for females. More information about the current physical activity habits of Indiana's high school students can be found in Figure II.

FIGURE II
2007 Indiana YRBS
Physical Activity



Healthy People 2010 goals:

- p 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion from 65% to 85%

References:

1. Mokdad AH, Ford ES, Bowman BA, Dietz WH, Vinicor F, Bales VS, Marks JS. Prevalence of obesity, diabetes, and obesity-related health risk factors, 2001. *Journal of the American Medical Association*, 2003; 289(1):76-79.
2. Centers for Disease Control and Prevention. Physical activity and health: A report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, 1996.

Go to www.in.gov/yrbs for a complete set of fact sheets, tables, graphs, and confidence intervals for all of the 2007 YRBS data. Confidence intervals should be utilized to determine which changes are statistically significant.

For More Information:

Indiana State Department of Health: 1-800-433-0746

2007 Indiana Youth Risk Behavior Survey (YRBS): www.in.gov/yrbs

Centers for Disease Control and Prevention – Youth Risk Behavior Surveillance System: www.cdc.gov/healthyyouth/yrbs